

**Goal:** To reduce the rising rates of obesity and tooth decay in targeted settings in the South West (Gunditjmara Country)

Overall Results	June 2015	June 2016	Change 2015-16
N <sup>o</sup> of people involved in strategies across key settings	5,858	20,775	14,917 ↑
N <sup>o</sup> of organisations participating in partnership strategies	82	183	101 ↑
N <sup>o</sup> of healthy eating, water, physical activity, breastfeeding & oral health policies	77	166	89 ↑
N <sup>o</sup> of organisations registered with Healthier Together Victoria (HTV)	55	68	13 ↑
N <sup>o</sup> of organisations who achieved HTV benchmark standard (2 year process)	0	8	8 ↑
N <sup>o</sup> of organisations who achieved S4M accreditation (2 year process)	16	37	21 ↑
N <sup>o</sup> of canteen menus assessed by Healthy Eating Advisory Service	7	14	7 ↑
<b>Early Years Setting impacts</b>	<b>Member Agency Engagement of Early Years Services</b>		
<p><i>Healthy Little Smiles, Smiles 4 Miles, Healthier Together Vic AP, Ed Gym,</i></p> <ul style="list-style-type: none"> <li>- 114 organisational healthy food, water &amp; active play policies</li> <li>- 36 organisational breastfeeding policies implemented</li> <li>- 281 physical activity (PA) sessions provided by members</li> <li>- 10 menu assessments by Vic Healthy Eating Advisory Service</li> <li>- 161 healthy eating education sessions delivered</li> <li>- Referral support for at risk children provided</li> <li>- Key message social marketing to children and parents</li> <li>- 9 health &amp; wellbeing action groups formed</li> </ul>	<p><i>80% of catchment Kindergartens are supported (67/84)</i></p> <ul style="list-style-type: none"> <li>- Southwest Healthcare (SWH) supporting 32 early years (EY) services</li> <li>- Terang &amp; Mortlake Health Service (TMHS) supporting 1 EY services</li> <li>- Corangamite Shire Council (CSC) supporting 17 early years services</li> <li>- Warrnambool City Council (WCC) supporting 10 early years services</li> <li>- Moyne Shire Council (MSC) supporting 9 early years services</li> <li>- Moyne Health Service (MHS) supporting 4 early years services</li> <li>- Heart of Corangamite (HOC) the winner and WCC a finalist for DEECD's health and wellbeing leadership award (60 Vic applicants)</li> </ul>		
<b>School Setting impacts</b>	<b>Member Agency Engagement of Schools</b>		
<p><i>HTV, Lunch Box Blitz (LBB), Walk to School programs</i></p> <ul style="list-style-type: none"> <li>- 24 whole of school healthy food, physical activity &amp; water policies</li> <li>- 13 LBB curriculum &amp; social marketing resources delivered</li> <li>- 81 healthy eating education sessions delivered</li> <li>- 4 menu assessments by Vic Healthy Eating Advisory Service</li> <li>- 24 MOU's, 20 health &amp; wellbeing action groups formed</li> <li>- 60 walk to school Healthy Moves sessions provided</li> <li>- 4000 "Choose Tap" water bottles</li> </ul>	<p><i>75% of catchment primary schools are supported (33/44)</i></p> <ul style="list-style-type: none"> <li>- SWH supporting 11 schools</li> <li>- MHS supporting 4 schools</li> <li>- Cobden District Health (CDH) supporting 3 schools</li> <li>- Timboon District Health Service (TDHS) supporting 2 schools</li> <li>- WCC supporting 10 "Healthy Moves" schools</li> <li>- CSC supporting 11 schools</li> </ul>		
<b>Workplace impacts</b>	<b>Member Agency Engagement of Workplaces</b>		
<p><i>HTV, Life Map, H<sub>3</sub>O challenge, Walk the Block, WASD System Training, Active April,</i></p> <ul style="list-style-type: none"> <li>- 9 organisational healthier food &amp; water policy implemented</li> <li>- "Life MAP" Wellbeing program supporting 52 staff/ 120 PA sessions</li> <li>- 25 healthy eating education sessions delivered</li> <li>- 5 health &amp; wellbeing groups established</li> </ul>	<p><i>79% of SWPCP member agencies are supported (19/24)</i></p> <ul style="list-style-type: none"> <li>- SWH supporting 7 workplaces, MHS supporting 1 workplace</li> <li>- TMHS supporting 4 workplaces, WCC supporting 1 workplace</li> <li>- CDH supporting 1 workplace, CSC supporting 1 workplace</li> <li>- TDHS supporting 4 workplaces including "Life Map"</li> <li>- 5 workplaces self-supported HTV registration</li> </ul>		
<b>Community</b>	<b>Member Agency Engagement of Community</b>		
<p><i>Breastfeeding (BF) Solutions, Recreation Give it a Go (RGG), Active Autumn, H<sub>3</sub>O Challenge, Corangamite Fun Run series, Connect, Heart Moves, Walk &amp; Cycle programs, festivals,</i></p> <ul style="list-style-type: none"> <li>- 707 Community physical activity sessions provided</li> <li>- 15 health &amp; wellbeing groups established</li> <li>- 5 healthy eating sessions delivered</li> <li>- Recreation Give it a Go- 62 sessions</li> <li>- Active Autumn &amp; Active Hub - 73 free sessions</li> <li>- Facebook pages: HOC 328 likes, Active Hub 5021 web visits</li> </ul>	<ul style="list-style-type: none"> <li>- TMHS coordinates Welcome Here engaging BF friendly businesses</li> <li>- SWH coordinates the BF Solutions project involving 34 mothers, 19 clinicians, 4 health services</li> <li>- CDH supports 3 community groups</li> <li>- MHS supports 9 community initiatives</li> <li>- Beaufort &amp; Skipton Health supported 4 community initiatives</li> <li>- CSC coordinated RGG with 51 clubs and 2167 participants</li> <li>- WCC delivered: Local H<sub>3</sub>O Campaign - 220 registrations</li> <li>Active Autumn &amp; Hub – 836 participants</li> </ul>		

*Blue text indicates activity not funded through DHHS health promotion but important partnership activity of the networks.*

NB. Some member agencies work together to support a single organisation and therefore engagement data will not always match total organisations  
The impacts outlined in this report are owned and delivered by the member agencies which includes contributions from:

### The Story behind the Data

*Our partnership approach focuses on delivering multiple strategies across multiple settings. Engaged key settings have different needs requiring different starting points and different responses. Member agencies respond by applying different strategies based on each organisational settings needs:*

#### *Establishing a Healthier School Canteen*

*Warrnambool City Council and South West Healthcare are working with Warrnambool Primary School to develop a healthier school canteen service. Assessment of the canteen menu using the Healthy Eating Advisory's free service resulted in a new look menu which uses the traffic light system to communicate whether items were the best choice (green), choose carefully (amber) or foods to limit (red). Through the process the School Council discussed, developed and endorsed a new Healthy Canteen Policy, providing a foundation for continuous improvement. Evaluation of the new traffic light menu was positive, with 7 out of 10 families indicating that the colour ratings of menu items encouraged discussion about healthier food choices; 6 out of 10 families said it encouraged different choices due to the colour rating of the child's preferred item. Parents said "It's a good tool and I will keep using it to encourage healthy choices" and "Although our children did not change their choices they are now aware why a lunch order is only a weekly treat". The critical success factor for this initiative was to have a champion on the School Council who advocated for this process to occur.*

**Lisa McLeod, Manager Community Planning & Policy, Warrnambool City Council**

#### *Developing a Healthy Eating and Oral Health Action Plan*

*Terang and Mortlake Health Service have assisted Noorat Primary School in developing a healthy eating & oral health policy. The development of these policies has seen a shift in focus in addressing these two priority areas. In 2016 Noorat Primary signed up to the Healthy Together Victoria Achievement Program and are in the process of developing an action plan. In line with the healthy eating approach they have implemented a 'special lunch day' once a term, where students help prepare a healthy lunch for all members of the Noorat Primary community. This aims to up skill students, get them trying different foods and inspire parents to try these healthy recipes at home.*

**Laura Stevenson, Health Promotion Officer, Terang Mortlake Health Service**

#### *Smiles4Miles an Evidence Based Strategy for Early Years Services*

*Coordinated by South West Healthcare 38 local kindergartens, long day cares and family day cares in Warrnambool and Moyne are registered with the Smiles 4 Miles program. Smiles 4 Miles promotes oral health in the early years through policy development, menu review, community engagement and capacity building to enhance knowledge and application of the 3 key messages; drink well, eat well and clean well. 18 local services to date have been awarded as Smiles 4 Miles services after meeting 7 key criteria, with the remaining 20 expected to do so this year. A total of 1600 local children are receiving the key messages, and a total of 76 early years educators trained in oral health promotion.*

**Jacinta Lenehan, Health Promotion Officer, South West Healthcare**

*NB. This builds upon the early years services accredited in S4M via Corangamite Shire's support in previous years.*

#### *Building Member Agency Capacity in Systems Thinking and Assets Based Community Development (WASD)*

*The WASD training was very beneficial for me in advancing my skills in community engagement. I found the facilitators both provided insight into both academic and community theory and examples which enabled me to learn better. I enjoyed being able to use the theory that we learnt in a practical way on a project we were currently working on with other member agencies. The practical component allowed us to ask questions of the facilitators and other participants so we could feed off each other and create better plans for community interventions. I also really enjoyed the opportunity to meet and work with the other participants who were not just in the field of Health Promotion. This increased our collective skills and knowledge base which meant we could think more innovatively. Overall I really enjoyed the WASD training and I am looking forward to using the skills and resources in my work in Women's Health.*

**Emily Grant Health Promotion Officer, Women's Health and Wellbeing Barwon South West**